

6 Grammar, Vocabulary, and Pronunciation **A**

GRAMMAR

1 Underline the correct word(s).

Example: Can I borrow / borrowed 20 euros until tomorrow as long as you don't need it?

- 1 Provided Mel brought / brings his guitar tomorrow, we're going to have a sing-along.
- 2 If we have / had two more people, we'd have enough to play a proper football match.
- 3 I would call / have called to say I was going to be late if I hadn't lost my mobile.
- 4 Suppose / Supposing you got lost and couldn't find your way home. What would you do?
- 5 Had I known it was your birthday, I would have made / made a cake.
- 6 I'll tell you everything as long as you will promise / promise not to laugh at me.
- 7 Even if / Provided that I win the lottery, I will still go to work every day.

☐ 7

2 Complete the sentences with the gerund or the infinitive form of the verb in brackets.

Example: I'd like you to phone (phone) my office and tell them I'm ill.

- 1 I would hate him _____ (think) I'm not interested in his project.
- 2 He dislikes people _____ (make) a noise while he's studying.
- 3 He's waiting for his train _____ (arrive).
- 4 My uncle advised me _____ (visit) Italy before the weather gets too hot.
- 5 They'd better not keep me _____ (wait). I'm too busy to waste time sitting here.
- 6 Please let me _____ (come) with you. I am bored all on my own.
- 7 Would you mind _____ (take) your shoes off? I've just cleaned the floor.

☐ 7

3 Is the sentence right or wrong? Write *correct* or *incorrect*.

Example: We expect the game to end around 8.00. correct

- 1 I'd like you to send me a confirmation email for this transaction. _____
- 2 He has advised to us to keep the party a secret. _____

- 3 I would hate for you to think that we'd forgotten you. _____
- 4 We've arranged for you departing at 5.00 tonight. _____
- 5 I dislike people to make decisions for me when I can make them myself. _____
- 6 He warned us to watch out for internet scams. I guess we should have listened. _____

☐ 6

Grammar total ☐ 20

VOCABULARY

4 Complete the sentences with the correct word.

Example: I always forget to charge my phone at night, so it often stops working early the next morning.
unplug call charge

- 1 You often find that if you're driving through an area with lots of trees, your _____ will be very poor.
signal battery beep
- 2 It's frustrating when you call a number and it's constantly _____.
unavailable engaged occupied
- 3 You could try the _____, but it's unlikely that anyone's at home at this time of day.
voicemail reception landline
- 4 Oh no! I've left my mobile at home – I forgot to _____ it before I left this morning.
call unplug do
- 5 There must be some issue at work. I have six _____ calls from the office.
missed lost busy
- 6 Hang on – the _____ isn't great here. I'll just move to another room.
tone reception sign

☐ 6

5 Complete the sentences with the correct preposition.

Example: Young children are dependent on their parents for help.

- 1 Some students are obsessed _____ getting the highest marks possible.
- 2 Some actors are famous _____ their work, others for the things they do off-screen.

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- 3 I'm so sick _____ eating jam sandwiches! I really need to go shopping.
- 4 He's really fond _____ going to the restaurant around the corner. They treat him well.
- 5 I'm afraid to admit that I'm hooked _____ the doughnuts from the shop down the street.
- 6 Even though they don't always show it, parents are often proud _____ their children.

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- 6 Choose one word to form a compound adjective with the word in *italics*.

Example: ~~produced~~ sighted minded
mass-produced

- 1 heeled sighted eyed
*blue-*_____
- 2 conditioned behaved minded
*air-*_____
- 3 hand minute term
*last-*_____
- 4 behaved made minded
*narrow-*_____
- 5 term out free
*long-*_____
- 6 hearted handed heeled
*kind-*_____
- 7 heeled minded produced
*absent-*_____
- 8 hearted free going
*easy-*_____

8

Vocabulary total 20

PRONUNCIATION

- 7 Match the words to the same sound.

colleague concentrate devote
emotionally novel work

Example: turnover work

- 1 records _____, _____
- 2 tedious _____
- 3 device _____, _____

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- 8 Underline the stressed syllable.

Example: con|ference

- 1 con|tac|ta|ble
- 2 glam|or|ous
- 3 per|cep|tion
- 4 sub|stan|tial
- 5 plau|si|bil|i|ty

5

Pronunciation total 10

Grammar, Vocabulary, and Pronunciation total 50

6 Reading and Writing **A****READING**

Read the article and tick (✓) A, B, or C.

HELP YOURSELF

In the last couple of decades, self-help books have been a publishing phenomenon, often topping the best-seller lists. Readers have lapped up their advice on how to do a wide variety of things, from becoming successful and rich to improving their relationships. If you're facing a particular problem in your life, there's a host of self-help books for you. If you have the idea that you want to improve yourself in some way, there are any number of self-help titles just waiting to advise you. If you want a successful career, no problem – step-by-step guides will tell you exactly what to do. But, despite their enormous success, there's a question many people ask: do these books actually do what they claim to?

Obviously, as in any field of publishing, some self-help books are better than others. Some may be based on actual research and case studies – there's some substance to them that suggests they can, at least to some extent, be taken seriously. Others, however, amount to little more than psychobabble – empty nonsense dressed up as serious psychological insight. These books bombard the reader with a mass of meaningless jargon, disguising the fact that they have nothing to say beyond the obvious that you would not need to buy a book to know. It's the latter category that has given self-help books a bad name among critics of the genre.

The kind of advice given in self-help books is often more or less the same. What really amounts to pretty standard statements are made in many of them, but does this advice stand up to scrutiny? Psychologists who have studied a range of self-help books connected with happiness say the answer to this is 'not always'. They say that although the emphasis the books place on aiming for good relationships with families, friends, and colleagues has, in some ways, some scientific basis in terms of what does actually lead to personal happiness, in other ways the advice given is actually false.

For example, the books commonly tell you that it is good to express your anger; the psychologists say this simply causes you to remain angry. You are often told to try to think happy thoughts when you are sad; the psychologists say that attempting to do this simply emphasizes your unhappiness for you. The books tell you to focus entirely on your aims in life, looking only at the desired outcome; psychologists say you need to focus just as much on the problems you have to overcome in order to reach your goals. The books tell you to keep praising yourself to increase and maintain a high level of self-belief; the psychologists say that actually this doesn't work because

you need praise from other people in order to increase your self-esteem.

Perhaps the key question on self-help books is: do they work? Do people feel they have directly helped them? Whatever critics may say, do the people who buy and read them get real results from them? The answer to this question appears to be 'sometimes'. Research indicates that the kind of book that deals with a particular problem can be effective in helping people with that problem, particularly if the problem in question isn't a severe one, for example mild depression or anxiety. The situation is less clear with books dealing with personal growth or development. Some people do say that these books have helped them but it is by no means certain, and hard to measure, whether this is really the case.

What is clear about all self-help books, however, is that they offer people hope. The actual advice they give and whether or not this is accurate or effective is probably less important than the fact that they tell the reader that change is possible, that there is hope of a better life, that people can overcome difficulties and improve themselves and their situation. While this may sound like a good thing, there is, however, a downside to it. To get people to buy them, these books often make exaggerated claims about what they will do for people. They can raise unrealistic expectations in the reader, suggesting that a better life can quite easily be achieved, that anyone can get what they want out of life. The truth is, of course, that changing yourself and your life may be very difficult indeed and require an immense amount of effort, if it is even achievable at all. So self-help books are open to the claim that they present a false picture that can only lead to disappointment in the end.

- In the first paragraph, what does the writer emphasize about self-help books?
 - The fact that one person might buy many of them. ☐
 - How quickly the genre became popular. ☐
 - The number of them available. ☐
- In the second paragraph, the writer expresses a preference for self-help books which _____.
 - don't use any jargon at all ☐
 - explain technical terms in a clear way ☐
 - give examples to support their advice ☐
- The writer says that self-help books containing a lot of 'psychobabble' _____.
 - are seldom popular with readers ☐
 - have affected the reputation of all self-help books ☐
 - exist in greater numbers than other kinds of self-help books ☐

6 Reading and Writing A

- 4 What does the writer say about self-help books connected with happiness?
- A There is evidence to support some of the advice they give. ☐
- B They vary more than other kinds of self-help books. ☐
- C They are the most popular kind of self-help book. ☐
- 5 Psychologists say that some advice in books about happiness _____.
- A could produce different bad feelings in people ☐
- B could make people feel worse than they did ☐
- C is too hard for people to carry out ☐
- 6 Which of the following do psychologists believe?
- A You won't have greater self-confidence unless other people praise you. ☐
- B Focusing on problems is more important than focusing on goals. ☐
- C Thinking only about aims can result in greater unhappiness. ☐
- 7 Research into whether self-help books really help people suggests that _____.
- A those dealing with personal growth and development are the least useful ☐
- B people want to believe that they have helped them a lot ☐
- C they are not very useful for serious problems ☐
- 8 What do all self-help books have in common, according to the writer?
- A They all contain some useful advice. ☐
- B They all have the same basic message. ☐
- C They all sympathize with the reader. ☐
- 9 When asking whether self-help books work, the writer suggests that _____.
- A this may be more important than whether the advice is correct ☐
- B not enough attention has been paid to this ☐
- C readers may not be honest about this ☐
- 10 The writer concludes in the last paragraph that self-help books _____.
- A are more influential than is generally thought ☐
- B may actually be harmful to people ☐
- C are only taken seriously by certain kinds of people ☐

Reading total 10**WRITING**

Choose one of the essay titles below and write about the pros and cons in approximately 250 words.

- Gadgets make daily life easier – or do they?
- The success of a company depends on the happiness of its employees.
- Self-help books can do more harm than good.

Writing total 10Reading and Writing total 20

6 Listening and Speaking **A**

LISTENING

1 Listen to an interview about computer addiction. Tick (✓) A, B, or C.

- What does the interviewer say about computer addiction in her introduction?
 - It causes disagreement among experts. ☐
 - It affects a great many people. ☐
 - It is unlikely that it really exists. ☐
- Colin says that one reason why computer addiction is a difficult subject is that _____.
 - it is easy for people to be addicted to computers without realizing it ☐
 - people don't want to think that it is similar to common addictions ☐
 - reasons why people use computers for a long time vary considerably ☐
- What is Colin's point about hobbies?
 - Many people spend longer doing hobbies than using computers. ☐
 - People don't usually think that a hobby can be an addiction. ☐
 - They can be just as addictive as computer use. ☐
- What does Colin say about computer-game addiction?
 - Official organizations are likely to accept that it exists in the future. ☐
 - It has not been officially identified as a medical problem. ☐
 - Experts consider it to be an addiction when it is very serious. ☐
- What is Colin's personal opinion on computer addiction?
 - Some people think they have an addiction, but they don't. ☐
 - More people will believe that computer use can become an addiction. ☐
 - Certain behaviour probably indicates the existence of an addiction. ☐

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2 Listen to a teenager called Zak talking about a social experiment called 'Digital Detox' that he did with his friends. Tick (✓) A, B, or C.

- Where does Zak say the inspiration came from for the 'Digital Detox' experiment?
 - some of his friends responding to a bet ☐
 - one of his teachers setting the students a challenge ☐
 - a similar experiment in a recent film about social networking ☐

- Who does Zak say was responsible for keeping an eye on the students during the experiment?
 - some of his teachers ☐
 - some students from his class ☐
 - some students from another class ☐
- What does Zak say he found particularly strange during the experiment?
 - resorting to the landline to call his girlfriend ☐
 - refraining from making posts on Facebook ☐
 - realizing that his phone wasn't in his pocket ☐
- How does Zak say one of his friends managed to deal with the rules of the experiment?
 - by notifying her Facebook friends of her intentions ☐
 - by having her security details changed ☐
 - by giving her phone to her parents ☐
- What does Zak say he did once the experiment had come to an end?
 - He continued to limit his daily use of social media. ☐
 - He decided to give up using social media for an extended period of time. ☐
 - He carried on using social media exactly as he had beforehand. ☐

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Listening total	10
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SPEAKING

1 Ask your partner these questions.

- What, in your opinion, are the main causes of stress in modern society?
- How do you personally cope with stress?
- Which aspect of your life would you like to improve and why?
- Which contemporary gadget could you not live without and why?
- What are the main problems caused by our over-reliance on technology?

2 Now answer your partner's questions.

6 Listening and Speaking **A**

3 Now talk about one of these statements, saying if you agree or disagree. Give reasons.

- 1 'Exams are the best way of measuring a student's progress.'
- 2 'It's best to live at home with your parents until you decide to get married.'
- 3 'Addictions are the greatest problem in society today.'

4 Now listen to your partner. Do you agree with him / her?

Speaking total		20
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Listening and Speaking total		30
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